Vital characteristics can strengthen families

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Good News For Homemakers — HOME ECONOMICS

Families come in all sizes and shapes. However, there are vital characteristics that seem to be similar among all strong families. These qualities include appreciation of each family member, spending time together, good communication patterns, commitment, a high degree of religious orientation and ability to deal with crises in a positive manner.

If we can help young persons just starting families to be aware of these qualities, their lives can be enriched and will run much smoother.

Research by Nick Stinnett, at the University of Nebraska in Lincoln, brought out six qualities that will help build and make a strong family.

The quality of appreciation is one of the strongest characteristics of the family. Family members build each other up psychologically. They give each other many positive psychological strokes, making them feel good about themselves. Some psychologists refer to these as "warm fuzzies." You may wish to ask yourself, "Have I made a family member feel good about himself today?"

Each of us likes to be with people who make us feel good. There is so much done for which individuals receive no other reward. Appreciation from family members fills this need and helps one develop a positive self-concept or image. One difficulty that exists about expressing appreciation is that some individuals feel that people will think they are not sincere or that it's empty flattery. This need not be a concern. We can be sincere. Every person has many good qualities and strengths. What one needs to do is to look for them and to praise them.

A second quality is spending time together. Strong families find that all members plan their time to be with other family members. It does not just happen. The family members make it happen. Meal time is especially an important time for families. No matter how busy or involved, take time as a family to share with each other. This is an excellent time for children to share the experiences they have had at school during the day, and it's also a time for parents to share experiences they have had during the day. This not only increases communication skills and helps children develop theirs, but it also helps a family to know what each other is doing. This was family members develop an appreciation for the work of the father or mother and parents become more understanding of the children's responsibilities in school.

The third quality is good communication patterns. This is closely related to spending time together. Family members should spend time talking and listening to each other. When individuals fight and get mad at each other, they are able to get the conflict out in the open and talk it over if there is good communication. It is easier to get over the conflict. It is so important that families share thoughts, feelings and communicate.

A fourth characteristic is a high degree of commitment. The family is commited to promoting each other's happiness and welfare. They are committed to the family group. This is reflected by the fact that they invest much of their time and energy to the family. This type of commitment helps to build a trust base and helps a person develop qualitites of loyalty, not only to the family, but to others.

The fifth quality is a high degree of religious orientation. Having a strong religious orientation does not necessarily mean being a member of an organized religion. However, this is true in many families who are considered strong. The family members go to church together and participate in religious activities together. This helps to strengthen a family and helps children grow up to be more concerned about religious values. Religious quality goes deeper than going to church. Many values emphasized by religion when put into action, enhance the quality of human relationships anywhere.

The final quality is the ability to deal with crises and problems in a positive way. The family manages, even in the darkest situations, to see a positive element on which to focus. It may be as simple as increasing reliance and trust in each other.

[Continued on 11]

Remembrances from Times-Virginian

Yesteryears

50 YEARS AGO

In the Prospect news...

The mill, locally known as Allen's Mill, was sold by the commissioner at the premium of $3,200.

In the Vera News....

Corn shuckings and quilting are in full swing.

In the Pamplin News....

The Senior Class at Pamplin High School held an organizational meeting recently and elected the following officers: president, Emma Lou Ranson, vice-president, Gladys Almond, secreatry and treasurer, Virginia Fitzgerald.

In advertising, Philco radios for sale at Lester B. Harvey, Appliance Store, electric and battery with prices starting at $22.

In the personal column 50 years ago....

Joel Flood and Watkins Abbitt spent the weekend in Richmond.

Mrs. Ola Patteson, Mr. and Mrs. G L. Doss and daughter La Fern visited in the home of Mrs. W. S. Bryant on Friday.

Miss Elaine McDearmon entertained the Contract Bridge Club on Monday evening. Top score was won by John C. Stanley.

25 YEARS AGO

A Witches' Convention will be held at Evergreen; popcorn, candy withches' brew are popular with some, we're having this convention, and we want you to come. Evergreen School, Friday night Oct. 30 at 7:30, admission is ten cents. Sponsored by the Evergreen School PTA.

Cecil Rowe at Appomattox Esso Servicenter on Route 460 is offering Top Value Stamps to his customers.

Jamerson Bowling Alley offers at $100 free to the first perfect game witnessed by the operator.

In social column...Herbie Pulliam, Grey Holland, Judy Goodrich, Anne Herncall, and Lina Trent participated in the Shenandoah Twirling Contest.

10 YEARS AGO

Headline...Forest Management Program initiated in Appomattox County.

In Wilbun's Supermarket ad, Whole Fryers for 39 cents per pound, corn on the cob, 3 large ears 39 cents and Valleydale Sausage 63 cents per pound.

R. E. Lee Christian Academy wins first-place award for float in Appomattox Railroad Day parade. The float depicts General R. E. Lee on Traveller while the soldiers pass the time singing around the campfire.

In the social column....Mr. and Mrs. William A. Watson Sr. announce the birth of their daughter April Denise on Oct. 4 at Virginia Baptist Hospital.

5 YEARS AGO

J. Crawford Davidson honored at Hebron Baptist Church for his many years of dedication to his church and community.

ACHS team of Klassroom Kwiz consisting of Laurie McLean, Yolanda Miller and Danny Harvey will try for sixth win.

Lyle N. Garrett runs for Board of Supervisors for Appomattox County representing the Stonewall District.

ONE YEAR AGO

W. Lloyd Vaughan elected president of the Appomattox Chamber of Commerce.

Father Darkleaf, Calvin H. Robinson honored by the Appomattox Chamber of Commerce.

Raider players of the week were Carl Banks, Russell Walton, and Ricky Turner.

In the society columns, Tammy Jamerson and Dickie Beal wed.

CARRIE FISHER DAVIS stands at the Appomattox-Prince Edward County line on Virginia 47 south of Pamplin. This photograph of the late Mrs. Davis, submitted by Robert Taylor is believed to have been taken in the early 1930's.

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SEAMLESS GUTTERS
VINYL & ALUMINUM SIDING
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STORM DOORS & WINDOWS
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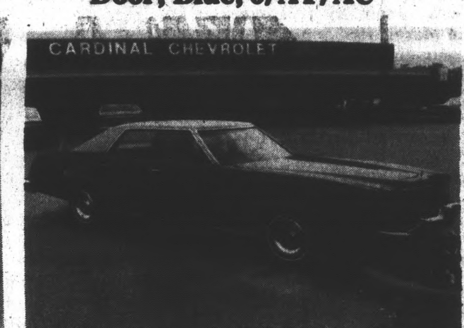
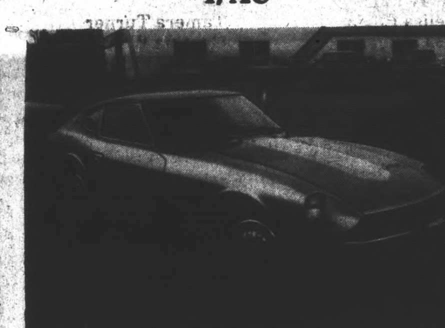


1978 Ford LTD II, 4 Door, Blue V8/AT/AC



1976 Datsun 280Z, Silver & Blue - 6/AT/AC

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1984 S10 - P/U Black V6/4 Speed
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1979 Ford P/U Blue V8/3 Speed
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1980 Chevy P/U Brown & Tan/V8 AT/AC

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AMS Honor Roll

Boys - Grade 8 "A" Honor Roll
Allen Mongold
Ric Scott
Charles Wilkerson

Boys - Grade 8 "B" Honor Roll
Mo Abbitt
Chris Barr
Brian Dickerson
David Fedison
Jason Ford
Micah Ford
Brent Harrison
Richard McCormick
Wilson Randolph
Earl Reed
Joe Servis
Daniel Slagle
Jay Stubblefield
Bobby Swanberg
Brian Vandegrift
Mike Whitmer

Girls - Grade 8 "A" Honor Roll
Celeste Bartelt
Pam Bennett
Beth Carter
Denise Daubenspeck
Stacy Davis
Kathy Harrison
Keshia Haskins
Karena Jaggars
Sharla Kvasnicka

Girls - Grade 8 "B" Honor Roll
Sandie Ayers
Michele Baldwin
Sherry Bollinger
Dana Campbell
Gina Cestaro
Laura Doss
Alisa Foster
Viriginia Giles
Allison Gilliam
April Goin
Terri Hamlett
Jennifer Jamerson
Alisa Jenkins
Walteice Lee
Susan Linkous
Wendy McClenny
Michelle McFadden
Sarah Mitchell
Melanie Morris
Tracy Osborne
Cindy Page
Melisa Phelps
Lisa Pulliam
Debra Richardson
Susan Watkins
Sheri Williams
Lisa Woodall
Natasha Woolridge

Boys - Grade 7 "A" Honor Roll
Daryl Dawson
Diron Martin

Boys - Grade 7 "B" Honor Roll
Rodney Cheatham
David Ferguson
Tyrone Gafford
Selander Goode
Nathan Gregory
Vidal Megginson
Thomas Moore
Keith Mottley
Dean Nash
Edward Randolph
Ward Sauls
Reggie Turner
Christopher Walker
Dusty Wilhoit
Shawn Womack

Girls - Grade 7 "A" Honor Roll
Laura Bradley
Jennifer McCormick
Lori Ranson
Angela Thompson

Girls - Grade 7 "B" Honor Roll
Jennifer Alvis
Janet Autsin
Heather Bryan
Rebecca Caldwell
Kathy Chambers
Marlenea Covington
Sonya Doss
Denise Drinkard
Sherry Hackney
Sheila Hamlett
Shana Harvey
Lynette Hastings
Nicki Jackson
Sharon Jackson
Cheryl Johnson
Tara Johnson
MaryHelen McLaughlin
Tanya Moore
Cindy Padgett
Yvette Pennix
Kelly Purcell
Jennifer Roach
Beth Scott
Terri Spiggle
Lori Trout
Tamera Turner
Cynthia Weaver
Kelly Whitehead
Latisha Wooten

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Glass Lenses & Plastic Frames $39.00
Ages 14 And Under
First Quality B & L Lenses, S. V. Lenses To + OR-600 SPH With .200 Cyl.
Large Selection Of Frames By Avante-Garde, Unvis, Libco And Others.
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Model RRL-8X
$299
Cooks by time or to temperature
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• Touchmatic control is simple as 1-2-3.
• 700 watts of cooking power.
• Patented ROTAWAVE Cooking System cooks foods fast and evenly.
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RICHFOOD MEAT (BEEF-89%) FRANKS .... 12 OZ. PKG. 79¢

AUNT HANNAHS Open Top BREAD LARGE LOAF 39¢
SPRITE, TAB, MR. PIBB, MELLO YELLO, DIET COKE or COKE 8 PK. BOTS (+ DEP.) $1.29 REG. or CAFF.-FREE
DEL MONTE No-Salt VEGETABLES •WHOLE or CREAM GOLDEN CORN (17 OZ.) •CUT or FRENCH STYLE GREEN BEANS (16 OZ.) •SWEET PEAS (17 OZ.) 2/89¢
WHOLE Beef TENDER LOINS 5-7 LBS. $3.29 LB.
GWALTNEY SLICED BACON 1-LB. PKG. $1.29
LARGE VARIETY OF HALLOWEEN CANDY

KODIAK Smokeless TOBACCO PACK 79¢
DEL MONTE Tomato CATSUP QT. BOT. 99¢
CORONET Paper TOWELS BIG ROLL 59¢
RICHFOOD GRADE 'A' Large EGGS DOZ. 63¢
RICHFOOD VIT. D MILK GAL. JUG $1.89

Fall Clean-Up!
FOR FLOORS... FUTURE .... 16-OZ. BOT. $2.99
ORIG. or LEMON PLEDGE .... 14-OZ. CAN $2.19
GLADE SPIN FRESH.. EA. $1.09
SAVE ON... CLEAN 'N CLEAR 28-OZ. BOT. $1.89

Clean-Sweep Savings!
ALL PURPOSE MR. CLEAN CLEANER 28 OZ. $1.59
SAVE ON... SPIC & SPAN 16-OZ. BOT. 69¢
SAVE ON... COMET Cleanser 14-OZ. CAN 3/$1.00

Stratford Farms...
GRAPE JELLY ..... 2-LB. JAR 99¢
BLACKBERRY CHERRY PRESERVES.. 2-LB. JAR $1.39
ORANGE MARMALADE.. 2-LB. JAR 99¢
DAMSON PRESERVES.. 2-LB. JAR $1.19

SHENANDOAH Apple SAUCE ..... 50-OZ. JAR 99¢
SHENANDOAH Apple SAUCE .... 25-OZ. JAR 59¢
CASTLEBERRY Hot Dog SAUCE .... 3 10-OZ. CANS 89¢
DEL MONTE Natural PINEAPPLE.. 15¼-OZ. CAN 59¢
POST RAISIN BRAN CEREAL ... 20-OZ. PKG. $1.69
OPEN PIT B.B.Q. SAUCE.. 18-OZ. BOT. 99¢
CAMPBELL'S Cherry or Grape Juice WORKS.. 44-OZ. SIZE $1.29
RICHFOOD TEA BAGS.. 100 CT. PKG. $1.49
JIM DANDY Dish LIQUID .... 32-OZ. BOT. 59¢
NESTLE'S CHOCOLATE FLAVORED QUIK .... 2-LB. TIN $2.69

GOLDEN RIPE DOLE BANANAS Fresh! 4 LBS. $1.00
RED... EMPEROR GRAPES PER LB. 69¢
Fresh! GREEN BROCCOLI BUNCH 69¢
CRUNCHY CRISP CARROTS 1-LB. PKG. 4/$1.00
VA. RED or GOLDEN DELICIOUS APPLES Fresh! 3 LBS. $1.00

TASTY... AVOCADOS 4 FOR $1.00
ANGELINO... PLUMS LB. 69¢
CONCORD GRAPES QT. CONT. 99¢
NEW CROP CAROLINA Sweet POTATOES 4 LBS. $1.00

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